



Strum Consulting Team Relay

All races start on Cogswell St, near the Cogswell Roundabout

Leg #1 – 3.6KM arrive at the Blue Nose Start Line area by 7:00am, race starts at 8:00am; expect parking to be a challenge, meters are free and paid parking is available at various locations in the downtown core.

- Start on Cogswell St, near the Cogswell Roundabout
- Enter Cogswell Roundabout
- Exit roundabout on North Park St
- Enter Cunard Roundabout
- Exit Roundabout on Agricola St
- Right on North St
- Continue onto the A. Macdonald Bridge
- Continue onto Nantucket Ave

Exchange Zone is located on Nantucket Ave just past the water station on Nantucket Ave.

Remember to pass your timing belt to your teammate!

Leg #2 – 7.5KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Continue on Nantucket Ave
- Continue on School St
- Right on Slayter St
- Left on Thistle St
- Right on Maple St
- Left On Dahlia St
- Left on Crichton Ave
- Right on Glen Manor Dr
- Continue onto Micmac Blvd
- Right on Brookdale Crescent
- Left on Trans Canada Trail
- Follow Trail around Lake Banook
- Exit Trail at Nowlan St
- Continue on Prince Albert Rd
- Continue on Ochterloney St
- Right on Maple St
- Left on Thistle St
- Right on Slayer St
- Left on School St
- Continue on Nantucket Ave

Exchange Zone is located on Nantucket Ave just before the water station on Nantucket Ave.

Remember to pass your timing belt to your teammate!

Leg #3 – 4.25KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Continue onto the A. Macdonald Bridge
- Continue on North St
- Right on Agricola St
- Left on Hillside Ave
- Right on Rosemeade Ave

Exchange Zone is located 100m past Rosemeade Water Station.
Remember to pass your timing belt to your teammate!

Leg #4 – 5.6KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Right on Leeds St
- Right on Novalea Dr
- Right on Duffus St
- Left on Isleville St
- Left on Hennessey Pl (south lane)
- Left on Novalea Dr
- Right on Kenny St
- Right on Devonshire Ave
- Right on Barrington St crossing over to pedestrian way and continuing along water side
- Left on MacDonald Bridge Bikeway
- Follow pedestrian trail along Barrington St
- Cross roundabout on Barrington St
- Continue on Barrington St on pedestrian trail/sidewalk

Exchange Zone is located on Barrington Street near Scotian Road.
Remember to pass your timing belt to your teammate!

Leg #5 – 4KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Left on Reconciliation Way
- Right on Hollis St
- Cross Hollis St & Upper Water St at Crosswalk by Baton Rouge
- Right on Boardwalk after The Lower Deck
- Follow boardwalk along waterside
- Exit boardwalk right on Marginal Rd
- Continue on Terminal Rd
- Left on Hollis St
- Left on Barrington St (near Atlantic Super Store)
- Right on Inglis St
- Left on Young Ave, facing traffic with median on right

Exchange Zone is located 100m past Young Ave Water Station.
Remember to pass your timing belt to your teammate!

Leg #6 – 7KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Left on Point Pleasant Dr
- Enter Point Pleasant Park near Park Place Theatre
- Straight on Sailors Memorial Way
- Slight left at fork onto Arm Rd
- Right on Cable Rd
- Right on Serpentine Rd
- Continue straight on Maple Rd
- Right on Cambridge Dr
- Left on Heather Rd
- Left on Prince of Wales Dr
- Left on Ogilvie Rd
- Right on Cambridge Dr
- Left on Point Pleasant Dr
- Left on Franklyn St to U-turn on Franklyn St near Balmoral Rd
- Right on Pine Hill Dr
- Right on Tower Rd
- Left on Ogilvie St
- Left on Young Ave, facing traffic with median on right

Exchange Zone is located 100m before Young Ave Water Station.

Remember to pass your timing belt to your teammate!

Leg #7 – 5.2KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Continue straight on South Park St
- Continue straight on Bell Rd
- Right on Ahern Ave
- Enter Cogswell Roundabout
- Exit roundabout straight on North Park St
- Enter Cunard Roundabout
- Exit Roundabout straight on Agricola St
- Continue on Agricola St
- Left on Hillside Ave
- Right on Rosemeade Ave

Exchange Zone is located 100m past Rosemeade Water Station.

Remember to pass your timing belt to your teammate!

Leg #8 – 5.8KM Arrive at your Exchange Zone 30 minutes before your exchange time; parking is available on side streets, avoid parking on race route.

- Right on Leeds St
- Right on Novalea Dr
- Right on Duffus St
- Left on Isleville St
- Left on Hennessey Pl
- Left on Novalea Dr
- Right on Kenny St
- Right on Barrington St (coned lane on Barrington Street)
- Right on North St
- Left on Agricola St
- Enter Cunard Roundabout
- Exit roundabout straight on North Park St
- Enter Cogswell Roundabout
- Exit roundabout right on Cogswell St
- Listen as the announcer calls your name as you FINISH!